



Marine Wing Headquarters Squadron 1

GAZETTE

3rd Quarter 2006



1 July 2006

MWHS-1 Continues to Focus on Marines

OKINAWA, Japan – For the second quarter of 2006, Marine Headquarters Squadron – 1 continued its focus on training its Marines and sailors for any of today's real world contingencies.

In April the Marines of MWHS-1 were given a rare opportunity to participate in a week long exercise centered around Military Operations in Urbanized Terrain (MOUT), convoy operations, crew served weapons, grenade employment, and night vision goggle use.

Also in April, during the Commanding Officer's Physical Training, the Marines were divided into multiple teams that competed in a field meet. The competition included events such as: the bear crawl, fireman carry, wheel-barrow crawl, buddy squats, etc. The winning team was awarded several dozen donuts which they got to eat while the others watched.

In May, the Marines competed in a gruesome Frisbee Football match that pitted the Commanding Officer's team against the Executive Officer's team. Talent was evenly distributed amongst the CO's team, while light duty, pregnant, and SIQ Marines were teamed up with the XO. The game was close until the fourth quarter when the Executive Officer's team was outclassed by the raw and superior athletic prowess of our Commanding Officer, LtCol Nelson. With no way to contain the CO, the XO's team eventually succumbed. One out of breath Marine commented that there was "nothing in the playbook that could stop the 'Twister'."

June's Commanding Officer's Physical Training was led by our very own Sgt. Coleman (ALD), who led the session. She conducted a one hour aerobic evolution dubbed "Turbo Kick". With the uncoordinated Marines quickly adapting, the MWHS-1 Marines were soon "Turbo Kicking" like Jackie Chan. The name could not be more fitting, with legs flailing, sweat flying, tears pouring, this evolution was intense, painful, and highly "rewarding" for all who attended.

In addition to physical training, the Commanding Officer sets aside a day each month to train all hands for today's threats. April kicked off with the Marines receiving training on the familiarization and employment of the 240G and M2 .50 caliber machine guns and the M-19 automatic grenade launcher, as well as receiving instruction in rear area defensive operations by SSgt Martin, the S-3 Operations Chief.

In May, the Marines of MWHS-1 participated in Combat Lifesaving

training. This intense session focused on the vital aspects of those basic "buddy aide" techniques that make the difference between life and death on the battlefield.

In June, the focus shifted to a more intellectual level when the squadron received a brief from GySgt Heaps from the G-2 and MGySgt Camp from the G-1 on Iraq and the history and tenants of Islam.

With Professional Military Education a priority, the Marines of MWHS-1 were given a rare opportunity to participate in an overnight trip to the island of Iwo Jima. Sixty-Five Marines and sailors were flown out to the island to conduct a Battle Site study. They covered the entire island over the two days, exploring caves and retracing the step of the Marines who fought there sixty one years ago.. The sacred ground where the Marine Corps solidified its reputation will be forever engrained in the memories of the Marines of MWHS-1.



Marines and sailors of MWHS-1 pause for reflection atop Mt. Surabachi on the island of Iwo Jima



From the Desk of the Commanding Officer:

Spouses, Marines and Family Members,

First and foremost, I would like to take this opportunity to thank each family member or significant other for their support and dedication to their Marine or Sailor and their support and dedication to this command over the last 18 months.

As the Commanding Officer, it is simple to develop a formula to prepare Marines for potential combat. I have templates and manuals and numerous agencies already established to facilitate that training and that is what I signed up for. To the contrary, I acknowledge that most of you did not sign up for the trials and tribulations that you have undergone while attached to your Marine. I also acknowledge, as I am sure they do, the fact they would have not been successful had you not been in their corner or had you not been in mine.

We have had many successful camaraderie building events over the last 18 months. From the Spring Fling on Kadena to the last Beach Bash at Torii Station, each event was remarkable because of your support. It has been my honor to be part of such a close and caring group of Americans.

This newsletter marks my last formal message to you. This tour has been the most rewarding of my career and I look forward to crossing paths with you and your Marines and Sailors at another duty station. God Bless you and your spouse and good luck to LtCol Wadsworth as he takes command of this squadron.

Samuel Nelson III
Lieutenant Colonel
USMC



A Message from the Key Volunteer Coordinator:

Hello MWHS-1 Family!

I hope everyone is enjoying the beautiful, yet hot weather we are having here on Okinawa. I'd like to thank all the KV's for the wonderful job they are doing. The KVN is moving along strongly and we are always looking for new volunteers to join us. We are now half way into the year and have had some wonderful events within the unit and look forward to many more throughout the year.

We held our annual "Spring Fling" in April and although a little windy, had a good turnout and a great time was had by all.

In June we held our unit L.I.N.K.S session. Marine Corps Family Team Building stated we had one of the best turnouts yet for a unit L.I.N.K.S session. Chaplain Marrero provided a terrific session on communication and the Marine Corps lifestyle. Sgt. Franco offered his insight and knowledge of the many paths and benefits available to our active duty spouses. A big "Thank You" goes to both of them for sharing their time and knowledge with us.

I am truly looking forward to our annual Beach Bash this coming Friday, June 30. Last years event was a huge success and this years is shaping up to just as good if not better.

In closing, I would like to take a minute to say just how much we will miss Lt.Col. and Mrs. Nelson, and their children. They have made quite a positive impact on the MWHS-1 family and the KVN. I wish them nothing but the best!

Thanks for ALL you do, you mean a lot to us. God Bless you in all your future endeavors.

Barbie Janisch
KVC
646-2152



News you can use (and other items of interest)



Summer Reading Program: Camps Foster, Kinser and Courtney will offer the Summer Reading Program **"PAWS, CLAWS, SCALES & TALES"** for ages 3 - 11 and **"CREATURE FEATURES @YOUR LIBRARY"** for ages 12-17 from July 2nd thru August 12th. During this six week program children and teens will read for prizes. Children too young to read can be read to by a parent or sibling to earn the prizes. There will be a final celebration party on each camp during the third week of August. Registration is required and runs June 25th thru August 5th.

Children 3-11 who read at least 25 hours between 2 July and 12 August can earn a t-shirt and be entered to win other prizes. Teens 12-17 can earn a t-shirt and enter to win other prizes (including a 1GB iPOD Nano) by earning 30 points through reading, writing, drawing, and activity participation.

In addition to the self paced reading program each library will offer the weekly Preschool Storytime (ages 3-5) and a School Age Story and Craft Program (ages 6-11). Due to limited seating, weekly registration is required for the School Age program.

	Preschool StoryTime	School Age Program
Camp Kinser	Mondays 10:00	Wednesdays 10:00
Camp Foster	Tuesdays 11:00	Thursdays 11:00 & 2:00
Camp Courtney	Thursdays 11:00	Tuesdays 11:00

For information contact Foster Library at 645-7178, Kinser Library at 637-1039 or Courtney Library at 622-9280.



Kids Craft Days: Exercise your child's creativity. Foster Framing and Fine Arts offers a free kid's craft day one Saturday each month at the Foster Community Center Auditorium from 1200-1400. Crafts include bead/leatherworking, scrapbooking, origami, pottery, rice paper art and more. The craft day is open to children 14 and younger. Children under 12 must be accompanied by an adult. Upcoming kid's Craft Days are:

29 July
26 August
23 September
28 October

For more information call 645-3674.



Typhoon Preparedness: Are you ready for typhoon season? Each year from 1 June until 30 November Okinawa is officially in typhoon season. It is recommended that you check your typhoon supplies. These supplies should consist of batteries, flashlights, a battery operated radio, bottled water (3 gallons per person), canned foods, enough baby supplies to last several days, and essential medications. Everyone is reminded that all outside activity is discontinued at TC-1C (Caution) and remains prohibited until TC-SW (Storm Watch). For up to date information during a typhoon listen to AFN radio (648 AM or 89.1 FM) or tune into AFN TV (Channel 8).

Summer Festivals: Mark your calendars with the following MCCA summer events:

15 July- 2nd Annual Camp Schwab Block Party
(Oura Wan Beach, Camp Schwab)

- Come enjoy the sandy shore and sea breezes as well as banana boat rides and more.

19-20 Aug- 28th Annual Futenma Flightline Fair
(MCAS Futenma)

- Come out and see the static aircraft displays, climb the rock wall, and enjoy other amusement rides and fireworks.

1-2 Sep- 10th Annual Okinawa Wine Festival
(Butler Officer's Club, Camp Foster)

- Come and treat your pallet and sample vintages from all around the world at this wine tasting and educational event.

Pools: Beat the heat this summer at a local base pool. The following pools offer recreational swimming. For all pool hours contact Semper Fit Aquatics at 645-3180.

Foster 50m:	M:	Closed
	Tue-Fri/Sun:	1300 – 1900
	Sat/Hol:	1100 – 1900

Kubasaki:	Mon:	Closed
	Tue-Fri:	1200 – 1630
	Sat/Hol:	1100 – 1900
	Sun:	1300 – 1900

Lester & Plaza:	Mon:	Closed
	Tue-Sat/Hol:	1100 – 1900
	Sun:	1300 – 1900

Kinser:	Mon:	Closed
	Tue-Fri/Sun:	1300 – 1900
	Sat/Hol:	1100 – 1900



Moving Up (promotions from the last quarter) . . .



April:

Sgt Shirmerr L. Jeanfrancois
Sgt Daniel P. Keely
Cpl Nathon R. Baker
Cpl Andrea M. Rudenauer
Cpl Jon T. Williams Jr.
LCpl Phillip S. Alexander Jr.
LCpl Matthew R. Brockhaus
LCpl Aaron M. Crandall
LCpl Trevor O. Smith



June:

MSgt Lawanda D. Duarte
LCpl Jonathan L. Castellano
LCpl Ryan P. Chezick
LCpl Joel A. Eagleton
LCpl Thomas D. OBrien Jr.
LCpl Ashley M. Ramos



May:

SSgt Paul C. Cherry Jr.
SSgt Hover E. Reyesguerrero
Sgt Angela M. Zelandi
Cpl Andrew M. Cary
Cpl Lauren R. Hannah
Cpl Mark R. Hoover
Cpl Christopher B. Podbevsek
Cpl Michael E. Ponce
Cpl Michael P. Siats
Cpl Stehen M. Solari
LCpl Derrick G. Ferguson
LCpl Samuel R. Kee
LCpl Eric Pak
LCpl Jon R. Porter
LCpl Dominique M. Swanson
LCpl Gerald A. Webb
LCpl Shawn D. Wright Jr.



and Standing Tall (awards from the last quarter) .

Navy Commendation Medal

Capt Marshalee E. King
Capt Benjamin A. Robles
CWO5 John L. Oberhauser
MGySgt Ivor R. Pardee
MSgt Antonio Perez
GySgt Aaron Green
GySgt Reginald M. Mack
GySgt Melvin D. Polk
GySgt Jorge A. Somoza
SSgt Michael A. Alicea
PO1 Nicholas Plein

Navy Achievement Medal

Capt Darrian Ainsworth
Capt Mark T. Hulsey
Capt Scott D. Manning
MGySgt Ivor R. Pardee

Navy Achievement Medal (cont.)

GySgt Stephen C. Moseley II
PO1 John F. Fassoth
SSgt Eric G. Kunz
Cpl Ileana Gutierrez
Cpl Andres E. Tenorio
LCpl Joseph J. Kim

Military Outstanding Vol. Svc. Medal

CMC Thomas D. Johnston

Certificate of Commendation

GySgt James L. Beck
Sgt Alberto A. Rodriguez
Corporal Imelda Dominguez
Cpl Wei Fan
LCpl Daniel Escobar



Spouse Spotlight*



Chris Gerke

‘There comes a time in every man’s life when he is asked to do something special, something unique and fitted to his talents. What a tragedy if that moment finds him unprepared for what could be his finest hour.’ Winston Churchill

A quote, which appropriately describes an event in Chris Gerke’s life. His confidence is easily noticeable but even more so is his passion for the water and scuba diving.

Growing up in different places, Chris’ father always made sure that his son had a pool nearby so he could swim. From his father’s boat, Chris would dive for lobsters off the Florida coast where he eventually could hold his breath for almost 4 minutes. Soon after, he became certified in scuba diving. He’s been scuba diving for 9 years

and is currently a Master SCUBA Diver Trainer. That lead him to be prepared for the dramatic experience he just recently encountered.

On March 12, 2006 Chris and Dive Master CWO2 Bo Cadiz came upon what could have been a tragedy and showed their true expertise in their talents. Night falling, fighting winds at speeds up to 42 knots and 15-18 ft tall waves both men rescued approximately 22 people that day, at great risk to their own lives.

What he enjoys the most is watching his student’s live new experiences scuba diving in the ocean. He says it’s allows him to “see”, through their eyes, the ocean again for the first time.

Chris is a prior active duty Marine, which is how he met his wife Neva. They and their two children are due to leave us shortly and head back the states.

**Spouse Spotlight will appear in our quarterly newsletter. If you know a MWHQ-1 spouse who has an interesting hobby or is just a really great person, please nominate them for the next newsletter. Submit your nomination and a brief description of your nominee to Michelle Brown at darenandmichelle@earthlink.net.*



"JARHEAD" Jargon: (the language and traditions of the Corps)

Semper Fidelis: The motto of the Corps was adopted in 1883 and is Latin for “Always Faithful.” Marines have proven this in that there has never been a mutiny among U.S. Marines.

Eagle, Globe and Anchor: The emblem of the Marine Corps was adapted in 1868. It consists of a globe (showing the Western Hemisphere) intersected by a fowl anchor, and surmounted by a spread eagle. The device is topped by a ribbon inscribed with the Latin motto "Semper Fidelis" (Always Faithful). The globe signifies service in any part of the world. The eagle signifies service to the Nation. The anchor indicates the amphibious nature of Marines' duties.

Marines’ Hymn: The Marines’ Hymn is just that the hymn of the Marine Corps and is the oldest of the official songs of the armed services. The origin of the hymn is obscure and the author is unknown. It is believed to have originated in the 1800s. In 1929 the Commandant of the Marine Corps approved the official three versus of the Hymn. In 1942 a change was made to the first verse to include service in the air, as well as on land and sea. Regardless of its origin, whenever it is played or sung every Marine present will get to their feet and stand at attention.

Naval Terms: As warriors from the sea, the Marines have held true to many naval traditions, specifically many commonly used terms come from naval terminology, including:

Hatch: Door . **Deck:** Floor. **Head:** Toilet. **Rack:** Bed. **Galley:** Kitchen **Bulkhead:** Wall



Calendars:



Marine Corps Community Services (MCCS)

Personal Services Center (645-2106/2104)

July

5	Money Management Wkshp	0800-1100	PSC (Han)
6	Basics of Investing Wkshp	1130-1300	PSC (Han)
10	"Smooth Move" Workshop	0800-1200	Bldg 439 (F)
11	Money Management Wkshp	0800-1100	PSC (S)
11	Sponsorship training	0900-1030	PSC (F)
13	Basics of Investing Wkshp	1130-1300	PSC (S)
17	Hamby Town Tour	0900-1100	Commis. (F)
14	Survival Japanese Lang. Class	0900-1000	PSC (K)
17,18,20 & 21			
	Basic Japanese Lang. Class I	1130-1300	PSC (F)
18	Basics of Investing Wkshp	1130-1300	Ed Ctr. (Fut)
19	Basics of Investing Wkshp	1130-1300	PSC (F)
20	Car Buying Workshop	1130-1300	PSC (H)
21	Survival Japanese Lang. Class	1130-1230	Ed Ctr. (Fut)
21	Money Management Wkshp	0800-1100	PSC (C)
24	"Smooth Move" Workshop	0800-1200	Bldg 439 (F)
25	Oragami	0900-1000	PSC (F)
26	Money Management Wkshp	0800-1100	PSC (K)
27	Oragami	0900-1000	PSC (C)
27	Basics of Investing Wkshp	1130-1300	PSC (K)
28	Basics of Investing Wkshp	1130-1300	PSC (C)
28	Survival Japanese Lang. Class	1130-1230	PSC (K)
31	1 st Time Home Buying Wkshp	1130-1300	PSC (K)

Aug*

14	"Smooth Move" Workshop	0800-1200	Bldg 439 (F)
28	"Smooth Move" Workshop	0800-1200	Bldg 439 (F)

Sep*

11	"Smooth Move" Workshop	0800-1200	Bldg 439 (F)
25	"Smooth Move" Workshop	0800-1200	Bldg 439 (F)

* A complete list of programs is published each month by the Personal Services Center. A copy of the monthly calendar can be obtained from any PSC or on-line at www.MCCSOkinawa.com.

Tours+ (645-3502)

July

15	Shuri Castle abd Nahs
15	Fun Day at Okuma
21	Castles, Homes and Gardens
23	Sub Ship and Naha

Aug

Iriomote island	Mt. Fuji
Australia	Tokyo Disney
YYY Resort	



Marine Wing Headquarters Squadron - 1

July

10	MWHS-1 Change of Command	0900-1030	Parade Field
11	KV/FRR Monthly Meeting	1900-2000	Bldg 5692
17	All-Hands Training	0730-1130	F. Theater
25	UFL Family Pre-Deployment Brf	1800-1930	F. Com. Ctr

Aug

-- Deployment for UFL

7	All-Hands Training	0730-1130	TBD
8	KV/FRR Monthly Meeting	1900-2000	Bldg 5692

Sept

6	Dinner in the Barracks	1800-2000	Brks 220
11	All-Hands Training	0730-1130	TBD
12	KV/FRR Monthly Meeting	1900-2000	Bldg 5692

Maine Corps Family Team Building (645-2841)



July

11-13	L.I.N.K.S.	0900-1230	Blg 5677 (F)
18-19	KV Basic	1800-2130	Blg 5677 (F)
18-20	L.I.N.K.S.	0900-1230	Kinser
25	Japanese Spouse Orientation	0900-1300	Blg 5677 (F)
27	Family Readiness Officer	0900-1400	Blg 5677 (F)

Aug

1-3	L.I.N.K.S.	0900-1300	Blg 5677 (F)
8-9	KV Basic	0900-1300	Blg 4408 (C)
15-17	L.I.N.K.S.	1800-2130	Courtney
26	L.I.N.K.S.	0800-1700	Blg 5677 (F)
29-31	Japanese Spouse Orientation	0900-1230	Blg 5677 (F)

Sept

5-7	L.I.N.K.S.	0900-1230	Blg 5677 (F)
12-13	KV Basic	0900-1300	Kinser
19-21	L.I.N.K.S.	0900-1300	Kinser



Points of Contact and Links:

MWHS-1 Family Readiness

Commanding Officer

LtCol Samuel Nelson III
samuel.c.nelson@usmc.mil
 645-7602

Family Readiness Officer

Major Steven Ware
Steven.ware@usmc.mil
 645-0114

Key Volunteer Coordinator

Barbie Janisch

Key Volunteer Advisor

Vicki Nelson

Command Post

Carmen Burrell, Dolores Ware
 Tan White

G-1

Loling Shaw

G-2

Lauren Duetto, Cassie Montalvo
 Cathy Simon

G-3

Michelle Brown, Sarah Fawcett,
 Stacey Virgili, Beth Wolf

G-4

Connie Ramsey, Allana Tobias

G-6

Marty Boehm, Carol Hendon

ALD

Esther Fowler, Heidi Watkins,
 Roy Wright

Chaplain

Nan Yi

Comptroller

Waiting for you!

DOSS

Marie Hyson

Wing Inspector

Waiting for you!

Staff Secretary/IMO

Waiting for you!

Staff Judge Advocate

Sonya Jump

Wing Surgeon

Sharon Titus

MWHS-1 Webpage:

<http://www.1maw.usmc.mil/index.asp?unit='MWHS-1'>

Useful Links:



Recreation and Liesure (Armed Forces Recreation Facilities)

<http://www.edelweisslodgeandresort.com/> Located in Garmisch, Germany, it has been long revered as one of the most desirable destinations in the Bavarian Alps.

<http://halekoa.com/> Located on Waikiki Beach in Honolulu, HI its mission is "To operate a first class hotel and recreation facility at affordable prices for military members and their families."

<http://www.shadesofgreen.org/> Located in Orlando, Florida. It provides affordable vacation lodging and close proximity to Walt Disney World and a host of other attractions in the Orlando area.

<http://www.dragonhilllodge.com/> Located in Yongsan, Seoul, Korea it provides quality hospitality service for service members visiting Seoul.



Sites for the Kids:

<http://www.whitehouse.gov/kids/> A site with the history and activities about the President's residence for kids.

<http://www.nationalgeographic.com/kids/> Games, information, activities and more from the folks at National Geographic.

http://www.kids.gov/k_states.htm A site that lists state websites for kids. Your child can learn about the state they were born in, the state they are moving to or any other state of interest.

<http://www.kids.gov/> This site was developed and is maintained by the [Federal Citizen Information Center](#). It provides links to Federal kids' sites along with some of the best kids' sites from other organizations all grouped by subject.

Help us!

Do you have a suggestion to make the MWHS-1 Gazette Better? Please let us know by contacting the Family Readiness Officer, the Key Volunteer Coordinator or any of our Key Volunteers.

Thank you for supporting our military families.

"Beach Bash" 2006

